



# CYCLE SYNC BEGINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>REST DAY</b>  <b>MENSTRUAL</b>	IN 10 ALLONGE TOTAL BODY	IN 10 ALLONGE GLUTES, PSOAS, IT	IN 10 CLASSIQUE  IN 10 ALLONGE SHOULDER + HEART OPENER	<b>REST DAY OR ACTIVE RECOVERY</b>  10-15 MIN WALK	IN 10 TOTAL BODY BEAT  IN 10 CORE	<b>REST DAY OR ACTIVE RECOVERY</b>  IN 10 ALLONGE FOR THE OFFICE
5-15 MIN DANCE PARTY 130-150BPM*  <small>*CHANGE SPOTIFY PLAYLIST</small>	<b>REST DAY</b>	IN 10 TOTAL BODY CIRCUIT  IN 10 CORE BARRE CORE	<b>REST DAY OR ACTIVE RECOVERY</b>  IN 10 ALLONGE GLUTES	IN 10 TOTAL BODY CARDIO HIIT PT 1  IN 10 CORE	IN 10 TOTAL BODY X 2 CARDIO HIIT PT 2 + 3  IN 10 CORE  <b>OVULATION</b>	<b>ACTIVE RECOVERY</b>  5-15 MIN EASY BIKE RIDE
IN 10 TOTAL BODY BEAT  IN 10 UPPER BODY BEAT ARMS  IN 10 CORE	<b>REST DAY</b>  <b>LUTEAL 1ST HALF</b>	IN 10 TOTAL BODY BIS, TRIS, PECS, GLUTES - CORE  IN 10 LOWER BODY ADDUCTORS + ABDUCTORS  IN 10 TOTAL BODY BEAT	IN 10 CORE 22.03.21  IN 10 UPPER BODY TORSO  IN 10 TOTAL BODY CARDIO HIIT PT 1	IN 10 CORE BACK PAIN  IN 10 LOWER BODY BARRE BOOTY	<b>REST DAY OR ACTIVE RECOVERY</b>  IN 10 ALLONGE BON NUIT	IN 10 TOTAL BODY BIS + GLUTES  IN 10 LOWER BODY BOOTY + CORE
IN 10 TOTAL BODY BARRE  IN 10 ALLONGE GLUTES, PSOAS+ HG	<b>REST DAY</b>  <b>LUTEAL 2ND HALF</b>	IN 30 BASS  <small>TAKE BREAKS AS YOU NEED, BUT YOU HAVE A GOOD FOUNDATION</small>	IN 10 LOWER BODY BARRE LEGS  IN 10 ALLONGE FOR RUNNERS/SPINNERS	<b>REST OR ACTIVE RECOVERY</b>  3-5 EASY LAP SWIMS	IN 30 DEFINE	IN 30 CLASSIQUE

LISTEN TO YOUR BODY